Stay Alive Longer!

Hard-Driving Man of 46 Hit Suddenly

By LELORD KORDEL

Senator Lyndon Johnson of Texas, a rugged hard-driving man of forty-six, considered himself in excellent physical condition. Suddenly, without warning, he suffered a coronary thrombosis, with myocardial infarction—injury to a heart muscle.

For several days the doctors gave Senator Johnson a 50-50 chance to live.

Today the senator says that his heart attack saved his life. It slowed his pace and taught him to live more sensibly.

The following heart-guarding rules, which the senator's doctors gave him might have prevented his heart attack—if he had followed them earlier:

1. Keep your weight on the lean side of normal.

Every pound of excess weight subjects the heart to strain; Senator Johnson who formerly weighed 220 pounds now weighs 170 and his waistline shrank from 42 to 36 inches. He keeps his calories down to 1,500 daily, and fights of every excess pound as if it were a political opponent.

2. Get plenty of rest.

Always a man-in-a-hurry, Senator Johnson ate irregularly and slept only when it was absolutely necessary. Rest and relaxation — what were they? Vacations? Never heard of them! The senator recently took two winter vacations, one in Miami and another 10 days on his ranch in Texas. He has learned to rest at least eight hours at night, and an hour in the afternoon.

3. Work is all right, but not over work.

Many of the senators who had watched Senator Johnson in action will tell you that it was his indefatigable work as majority leader that caused his heart attack. His customary working day average around 15 hours. Quitting time was never before 10 or 11 p.m.

Now he stops work when he feels tired or becomes short of breath, and his meals are regular and fully planned.

Cut Down Tensions

4. Cut down your tensions and temper.

Heart attacks have a tendency to occur more frequently in tension-ridden persons. Senator Johnson was a high-strung, hard-driving perfectionist, who used to get a rash on his hands if he couldn't accomplish all the work he had planned. He has learned to take a calm, sensible, rational approach to his work.

5. Exercise at your own pace.

We know that Dr. Paul Dudley White, President Eisenhower's physician believes in moderate activity for the heart patient. Exercise keeps the circulation active by maintaining good muscle tone throughout the entire body.

Don't, however, engage in vigorous exercise to which you have not been conditioned, particularly if you are muscularly soft. Moderation and regularity, in exercise as well as food, will pay you definite health dividends.

6. Shed your bad habits.

Senator Johnson had been a two-to-three-pack-a-day cigarette smoker. What does he do now? He sucks a hard, fruit-flavored, low-calorie candy ball. He leads a regular, normal, well-balanced family life. No longer does he work such long hours that he can't find time for his wife and their two daughters. He plans to take his wife on a second honeymoon to Europe.

We now know many of the things that invite artery damage: overweight, overeating, meals rich in fats, worry, tension and overfatigue.

Good nutrition is important to the health of your heart and blood vessels. Good nutritions means adequate amounts of meat, fish, eggs, vegetables, fruits, seed cereal, and honey, all in variety. It also means, for most of us, fewer calories and less fat.

Dr. John W. Gofman, of Berkley, California, has shown that the physician can estimate the number of cholesterol molecules in the blood, and if there is an excess, warn the patient that there is a likelihood he may suffer a heart attack. The patient can then reduce the molecules in his blood through a low-fat, low-cholesterol diet.

Calcium Deficiency

Some 85 per cent of the American people have calcium deficiency.

Since there seems to be a definite relationship between calcium and the health of your heart, why not use it as a preventive measure?

Sweet milk is not the answer. Buttermilk is a much better source of calcium, and is far more easily assimilated.

Other sources of calcium are: oranges, lemons, figs, almonds, walnuts, coconuts, raw cabbage, cottage cheese, bone meal tablets.

Most of these, you see, are everyday foods that make for an adequate diet. All are available at your nearest grocery store.

Thiamine is one of the B complex vitamins. Because it is so essential to nerve health, it is called the morale vitamin. It aids in the digestion and assimilation of sugars and starches.

Reinforce your diet with an abundance of the foods which contain the B complex vitamins. These vitamins are all found in green vegetables, meats — both muscular and glandular—legumes, potatoes, whole grains, skim milk, eggs, brewer's yeast, dessicated liver.

We know that a lack of vitamin C can cause lesions in the artery walls, and that an abundance of it strengthens them. It is also an important agent in reducing high blood pressure. Dr. James C. Paterson of London, Ontario, says: "Pressure between capillary walls plays an important role in the causing of hemorrhages of such walls and in coronary thrombosis."

What is the best way to take care of your heart? Take care of your general health!

Included in your health regimen should be:

1. Food for health—protein, minerals, vitamins.
2. Proper rest.
3. Relaxation . .
4. Suitable and regular exercise.
5. Prevention of infections or prompt treatment if you get them.
6. Emotional adjustment.

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Tomorrow: A Must for Every Man—the inside story of a food substance that is the most active of all restorers.

MR. AND MRS. E. T. ARDEN

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Group Reassembles

Sooke Friends Rally For Golden Wedding

It was a great get-together last evening in Sooke dining hall as hosts of friends and relatives gathered to celebrate the golden wedding anniversary of Mr. and Mrs. E. T. Arden.

Mr. and Mrs. V. Bucknell, the latter who, as a child, attended the wedding of her uncle and aunt, flew from Fresno, California, a nephew who was also at the wedding 50 years ago, Mr. C. Elkington, and his wife, came from Vancouver as did Mr. and Mrs. Norman Usher, the latter also a niece. Still another niece who was at the wedding, Mrs. Elsie Stewart of Victoria. The out-of-town relatives' attendance came as a surprise for the principals.

MARRIED IN VICTORIA

Mr. and Mrs. Arden were married in Victoria and first lived in Sooke before going to Shearingham Point lighthouse on the West Coast of the Island. They stayed there 34 years but came back at Sooke since their retirement.

Mrs. Arden, the former Anne Sanderson, was born in England, and came to Canada as a young girl with her parents whose home was on the Sooke River Road. Mr. Arden was born in Toronto and he also came as a small boy to the Island, his family settling at Colwood where he attended school.

HORSE, BUGGY STAGE

In the early days of their marriage Mr. Arden ran the horse and buggy stage from Sooke to Victoria and Mrs. Arden looked after the store they owned at Sooke.

When they moved back to Sooke they took a small farm and Mr. Arden still looks after his beef cattle and does all the chores. He also looks after his wife who has been confined to a wheel chair for the past few years although he has plenty of help in this from members of the family who live nearby.

FOUR SONS

The Ardens have four sons, Mr. Philip Arden and Mr. Sturdee Arden at Langford, Mr. Jim Arden at Port Alberni and Mr. Richard Arden at Sooke. Their two daughters, Mrs. A. C. Sullivan and Mrs. M. Michaelson, both live at Sooke. The Ardens also have 21 grandchildren and eight great grandchildren.

Engagement Announced

The engagement is announced of Miss Vivian Laine Lee, only daughter of Mr. and Mrs. Young Lee, 620 Ralph Street, and Mr. George Eng, son of Mrs. Eng, 2116 Cook Street and the late Mr. Y. L. Eng. The marriage will take place on Saturday, March 7 at 8 p.m. in Centennial United Church. Attendants will be Misses Isabel Lee, Karen Cha, Mimi Gee, bridesmaids; Christina Leong, flower girl; Mr. Ian Rendle, best man; and Mr. Ken Lee, Mr. Yinnie Lim, Mr. Bobby Gee and Mr. Howard Lee, ushers. —(Photo by Chevrons Studio.)

White Net Over Satin Worn by Pretty Bride

St. John's Anglican Church was the scene of a pretty wedding recently when Canon George Biddle united in marriage Frances Lucy Hunt, daughter of Mr. and Mrs. A. G. Hunt, West Saanich Road, and Mr. Arnold Marvin Glencross, son of Mr. and Mrs. E. Glencross, of Edmonton Alberta.

Spring flowers decorated the church for the double-ring ceremony.

The bride walked down the aisle on the arm of her father and was charming in a floor-length gown of white net over satin, embroidered with sequins. A Maltese lace handkerchief belonging to her maternal grandmother was carried by the bride. She held a bouquet of red roses and freesia.

Miss Dianne Dewdney, as the bride's attendant, chose a frock of coral chiffon with matching headdress, and carried kokomoa carnations.

Brother of the groom, Mr. Harold James Glencross was bestman and ushers were Mr. Maurice Hunt and Mr. David Stone.

Mr. Humphrey Mellish proposed the toast at the reception held at the bride's home.

For a honeymoon in Vancouver, the bride changed into a royal blue suit trimmed with grey mink collar.

On returning Mr. and Mrs. Glencross will live in Victoria West.

FOR BRONCHIAL ASTHMA YOU CAN'T BEAT
BUCKLEY'S MIXTURE
NO SYRUP - HIGHLY MEDICATED

Is "iron-hungry blood"* making you so tired you're ashamed?

Feel better fast when you suffer that run-down, weary feeling! Take this blood-improving iron tonic compounded especially for women!

How unfortunate when a woman is so tired, so weak and run-down, she feels guilty that she can't face the day's problems. Luckily, it's often due to "Iron-Hungry Blood" (*simple iron deficiency anemia). Then it's needless for those women to go on suffering such awful weariness without help.

A special iron tonic can help relieve this condition...thus renew your vitality! It's Lydia E. Pinkham's Tablets, an iron tonic made especially for women.

With blood-improving iron, Pinkham's Tablets start to strengthen "Iron-Hungry Blood" fast. Thus quickly help build rich, red blood...to restore strength and energy so you feel fine again.

In women, "Iron-Hungry Blood" is often aggravated with change of life and hot flashes. And especially in younger women—with monthly pain and cramps. Pinkham's unique formula can also bring blessed relief for these functionally-caused female sufferings that can do so much to drain away strength and vitality too. No wonder so many women find Pinkham's Tablets useful *all through their lives!*

If "Iron-Hungry Blood" has left you weak and run-down, get Pinkham's Tablets at druggists. Then see if you don't soon feel more like yourself again!

FOR FEMALE AILMENTS! Tests prove Lydia E. Pinkham's Vegetable Compound (liquid) also brings quick relief from discomforts of monthly pain and change-of-life.

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SMALL CARS

IODE Chapter

Mrs. A. Drysdale Remains Regent

Mrs. A. Drysdale will remain regent of the Sir James and Lady Douglas Chapter, IODE, for another year it was announced at the annual meeting held yesterday afternoon following a luncheon at Lougheed's Banquet Hall.

Other officers are Mrs. M. Lougheed, 1st vice-regent; Mrs. G. A. Vantreight, secretary; Mrs. S. Thomas, treasurer; Mrs. M. Marmo, educational secretary; Mrs. J. B. Morison, Services at Home and Abroad; Mrs. A. McAlister, organizing secretary; Miss M. Walter, standard bearer; and Mrs. M. Catling, Echoes secretary.

The chapter raised $559.59 during the year at bridge party and tea; two rummage sales; bingo party, bazaar and tea to celebrate the 100th birthday of British Columbia.

The sum of $452.97 was spent on various projects of which $226 went to special contributions.

Mrs. Lougheed gave the educational secretary's report which showed assistance given to the three adopted schools, Allison Pass school at Hope, B.C., Billings school on Nelson Island, and Lac Le Jeune school at Kamloops.

Additions were made to school libraries and monthly parcels of magazines, records, maps and pictures were sent to each adopted school.

Florence Nightingale Chapter

'Ladies with Lamps' Serving 46 Years

Forty-six years ago, the need for "ladies with a lamp" in Victoria hospitals was pressing and so began the Florence Nightingale Chapter, IODE.

Yesterday at the Pacific Club, this 38-member group held its annual meeting to wind up a successful year and to install new officers.

TB PAVILION

Since its inception, the chapter has worked in co-operation with Jubilee Hospital especially the TB Pavilion.

This past year, the chapter awarded a bursary to Miss Margaret Ann Philpot, student nurse, for proficiency in bedside nursing.

The secretary's reports indicated there were 10 monthly meetings held with an average of 22 members and five new members joining. In addition five of the 38 are life members.

Receipts totaling $819 were received from various projects including an Easter tea, garden party, Christmas bazaar, raffle and bingo parties.

Of the total, $778 went into various efforts supported by the chapter including a newly-adopted school on Saturna Island that received a library of books, pictures, calendars, used magazines containing wild life pictures and a view-master and reels. The chapter also assisted a school on Sidney Inlet.

Money and food were sent to the Retarded Children's school, $210 went into educational bursaries, a sizeable contribution was made to the CNIB water garden nearing completion at the Humboldt Street Villas.

Clothing was sent to Goodwill Enterprises and during Fleet Review week the members helped to arrange entertainment for the visiting sailors.

Surprise of the afternoon came to Mrs. George Mellor as she was called upon to receive her life membership. Mrs. Mellor was cited as a "prop of the chapter" and was thanked for her many years of untiring work on its behalf.

Mrs. Thomas Lumsden, installing officer, borrowed and handed back the gavel of authority to re-elected regent, Mrs. W. C. Hudson who is backed by a hard working executive: Mrs. Cyril Baker, vice-regent; Mrs. H. Lethaby, second vice-regent; Mrs. E. Pritchard, treasurer; Mrs. J. W. Dickie, secretary; Mrs. N. Turner, education; Mrs. W. Rosskelly, Echoes; Mrs. R. L. Van Wort, Services at Home and Abroad and Mrs. A. Mills, standard bearer.

Printed Pattern

9346
14½—24½
by Marian Martin

Half-Size Duo

Go sleeveless in this wrap 'round fashion — or add the blouse for breezy days. Simply but smartly styled for shorter, fuller figures — easy-to-sew. Tomorrow's pattern: Girl's dress.

Printed Pattern 9346: Half sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ dress takes 4⅛ yards 39-inch fabric.

Printed directions on each pattern part. Easier, accurate.

Send fifty cents (50c) in coins (stamps cannot be accepted) for this pattern. Please print plainly size, name, address, style number.

Send your order to Marian Martin Pattern Dept., The Daily Colonist, 60 Front Street West, Toronto, Ont.

Royal Skirt Shorter

LONDON, England — The Queen appeared yesterday in one of the shortest skirts she's worn since the long dresses of the new look.

It was an emerald green silk, belted tightly at the waist and then flaring out to the hem. The skirt had a wide pleat in front and came only to about an inch below the Queen's knees.

She wore it at an investiture at Buckingham Palace.

HP SAUCE
MAKES FISH MORE TEMPTING!

Go by TRAIN and SAVE!
TUESDAY, WEDNESDAY and THURSDAY Feb. 17-18-19

BARGAIN FARES to THE PRAIRIES

Sample Return Fares From Victoria to	Coaches Only*	Tourist Sleepers†
CALGARY	$30.15	$34.20
CALGARY via EDMONTON	34.90	39.65
EDMONTON	34.90	39.65
SASKATOON	46.30	52.60
REGINA	49.35	56.05
WINNIPEG	54.15	70.85

*Good in reclining Coach Seats. †Good in Tourist Sleepers on payment of berth fares.

(Return Limit — 25 days.)

Children under 5 travel free — 5 and under 12, half-fare. Regular 150 lb. baggage allowance.

Watch for Bargain Fares effective March 17, 18, 19.

CANADIAN PACIFIC CANADIAN NATIONAL

The secret of the charm . . .

Rowntrees' famous Black Magic Chocolates cast their spell whenever they are given. The secret lies deep in the candies themselves . . . hidden under the lavish coat of famous dark Rowntree chocolate . . . in the very heart of the mouth-watering Black Magic centres. Twelve different centres make the elegant Black Magic box the chosen favourite of all discriminating tastes.

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by ROWNTREES